

### SPRING 2001 PRT CYCLE

The Semiannual PRT cycle is upon us again. If you are not already in compliance with the CNO directed fitness program, don't wait for the last minute to prepare for the PRT. The PRT schedule for the Spring 2001 Cycle is as follows:

23 APR01 – 27 APR 01 – Body Composition Assessment (Weigh-Ins) – Drill Hall, 0630-0830

30 APR 01 – 03 MAY 01 – PFT (Run/Swim, Curl-Ups, Pushups, Sit-Reach) – Cedar Point Beach Pavilion,  
0800-1000 (Swimmers **0800 only** – muster at Cedar Point for curl-ups and pushups prior to swim)

Personnel MUST have completed risk assessment and Body Composition Assessment PRIOR to participation in the PFT. All personnel must contact their PMA/Competency PRT Representative for Risk Assessments ASAP to ensure Medical Screenings can be completed as required. The only form Medical will accept for Medical Screenings is the SF 600 printed by the PRT Representative directly from the PRT Computer Program. Non-participation or unsatisfactory completion of the semiannual PRT is a failure and will be documented via page 13 entries and other means as required by OPNAVINST 6110.1. Scheduling conflicts (i.e. travel, TAD, etc.) should be addressed with your PMA/Competency Representative listed below ASAP so alternate testing arrangements can be made PRIOR to the above dates.

### PRT COORDINATORS

CODE	NAME	PHONE
AIR-00	YNC MACK ALSTON	7-7825
AIR-09/7.0/8.0	IT1 SILVER	2-6881
AIR1.0	CDR GEORGE SMITH	7-6613
AIR-2.0	LCDR ROBERT KILPATRICK	7-7862
AIR-3.0	AMHC MARK GRAY	7-3103
AIR-4.1	LCDR SCOTT PORTER	7-7017
AIR 4.5	LCDR BILL RINGER	7-5707
AIR-4.10	LT COLIN SMITH	2-8277
AIR-5.0	AOC MIKE RACINE	7-3034
AIR-6.0	ADC MIKE TATE	7-3064
CNARF	CDR DUANE MALLICOAT	7-8535
GOSHAWKS	LCDR JIM PARISH	7-5167
PEO(W)	LT PAUL BURROWES	7-6196
PMA-201	LT LEE GRUBBS	7-7456
PMA-205	ATC RICK PASKOSKI	7-8138
PMA-231	LCDR JOHN PEARSON	7-7219
PMA-234	LCDR DAVID WARUNEK	7-7955
PMA-241	LT ROBERT HYDE	7-7322
PMA-260	ATC DON LAROCCO	7-6892
PMA-264	AWCS MICHAEL KNEIP	7-5716
PMA-265	LT JULIE HUNTER	7-7629
PMA-271	CDR ROBERT VICKERS	7-4008
PMA-275	LT HOMERO RAMOS	7-5579
PMA-290	LT ROBIN ATKINSON	7-6738
PMA-299	LCDR MICHAEL CERNECK	7-5313

### SPRING 2001 GOSHAWK GAMES

Goshawk Games to be held at Harper's Creek Pavilion 1100, Friday, 4 May. The Goshawk Games are a competitive athletic event that also satisfies the PRT requirement for Active Duty personnel. Events include a timed 1.5 mile run, pushups, and sit-ups. Teams of four or more are encouraged to participate as well as individuals. Prizes will be awarded for the best overall team score, and best overall individual scores for both male and female contestants. The cost is only \$5 and includes food and refreshments following the race. After 30 April the cost will be \$8.00. Registration forms are available at PMA-273, Suite 154 in the IPT Bldg. or E-mail your request to [parishjm@navair.navy.mil](mailto:parishjm@navair.navy.mil). For more information, please contact LCDR Jim Parish at (301)-757-5167. **Note: Military personnel must complete their Risk Screening forms prior to signing up for the Games.** Coordinate PRT credit with your competency representative.